

Have Patience When Dancing With The Shadows Of Your Being

[BY CAMILLA DOWNS](#)

Slipped into the shadows
of your being, you have.
When sadness and lack
have settled within.
When comparison of
oneself with others
is the theme
of the day.

When appreciation
has faded and the
heart tightly closed,
you can be sure
the shadows have appeared.

When the light has
dimmed and you feel
smothered by the shadows.
Welcome the light back,
you can.

Remember all the times
of living in the light.
All the times of
joy and freedom.
All the times of
abundance and peace.
They are there too.
Do not forget them.

Remember those times
not with longing,
for this causes the
distance greater.
Remember those times
knowing they are
still there
simply awaiting
your return.

These thoughts are
the bridge that
connect the light
and darkness.

Comfortable you
are in the suffering
of the darkness.
So the first
step onto the bridge
out of darkness
is the most
difficult step.

My gift to you
if you choose to see...Life is a dance
with the light
and the shadows.
The dance of shadows cannot
be a dance sat out
if true freedom and peace
is the destination you seek.

For when you take the time
to dance with the shadows
with curiosity and patience
you will see that all of
life is a dance of contrast.

Have patience when
dancing with the shadows
of your being.

Love both the light and shadows
for one cannot
exist without the other.

Allow yourself to be free
and dance with me.

For more self-study, [The Urban Howl](#) recommends [Courage: The Joy of Living Dangerously](#) .

Sip a little more:

***May We All Release & Expose The Beautiful Space
Within***

The Path To Love Is The Path To Oneself

***Abundance Is Thanking Mother Earth – Touch & Hug
The Beautiful, Scarred Trees***

"We are not only our wounds. We are not only our shadows. We are not only made of what's hidden in the dark, and, ultimately, if we choose to seek partnership with another person, we have a soul-mandated responsibility to show up in that relationship as authentically as possible."

DANIELLE DULSKY

Howl For Me, Wolf Woman: Deep Loving In The Darkness

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